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IN WHICH SHANNON RELUCTANTLY SAVES THE DAY ... AGAIN

PAGE 11

'Buy Nothing Year' enters Phase 2

For the next nine months, two Calgary roommates plan to buy no meals at restaurants, no coffee at cafes, no fuel at gas stations PAGE 5

'Flushable' wipes create a big stink

Wastewater utilities allege wipes are creating clogs that are costing ratepayers hundreds of millions PAGE 8

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Fans brave cold to see Stamps fall

CFL West Final. Roughriders will battle Ticats in next weekend's Grey Cup

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Layers upon layers of clothing, six-packs of beer, blankets, portable seat warmers — you name it.

Tens of thousands of Canadian Football League fans undeterred by the biting cold trudged to McMahon Stadium Sunday to take in the Western Final. Some hauled heat-generating gear heavier than a small child; others could barely see out from the space between their coat hoods and tightly wrapped scarves.

"I've got two layers on plus my ski pants that are going to be going on soon," said Jennifer Jordan, as she took part in tailgating festivities out front of McMahon Stadium.

Tera and Eligh Ware didn't think twice about taking in the CFL Western Final at McMahon Stadium Sunday despite cold temperatures. JEREMY NOLAIS/METRO

"The beer will help too," chimed in friend Eligh Ware, who may have been donning Stampeders red but was quickly outed by his friends and wife Tera for typically parking his support with the B.C. Lions.

Elsewhere, winter-hardened spectators like Derek Longfield were grilling up some tasty eats and basking in the pre-game fun.

"Cold? C'mon man — where are you from?" he said when asked about the temperature, which Environment Canada pegged at -19 C with the windchill come the 2:30 p.m. kickoff time.

Longfield said he's been buying season tickets since the late 1990s and always makes sure to pick out spots on the east side of McMahon, where there's more sun.

"It was colder during last year's West Final," he remarked.

But unlike last year's affair, Longfield's Calgary Stampeders fell 35-13 to the Saskatchewan Roughriders, missing out on a trip to the Grey Cup, where they would have battled former quarterback Henry Burris and the Hamilton Tiger-Cats.

Quoted

"I've got two layers on plus my ski pants that are going to be going on soon."
Jennifer Jordan

Mike McCullough of the Saskatchewan Roughriders, right, tackles Jon Cornish during the first half of the CFL West Final in Calgary on Sunday. Cornish was held to just 67 yards rushing as the Stamps fell 35-13. See story, page 21. JEFF MCINTOSH/THE CANADIAN PRESS

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Attempted robbery

Man taken to hospital after stabbing

Police are investigating after a man was stabbed during an attempted robbery in southeast Calgary Sunday afternoon.

The incident occurred around 2:30 p.m. in the 1100 block of 36th Street S.E. and one man in his late teens was taken to hospital in stable condition, according to EMS.

Police Insp. Steve Ellefson said an investigation was ongoing but no suspect had been taken into custody. It's believed the robber's target was the stabbing victim, he said. JEREMY NOLAIS/METRO

At least one dead

Over 130 crashes as weather wreaks havoc on roads

Dozens of people became stranded on Calgary-area highways and at least one fatal rollover was linked to a blustery storm that swept through the area over the weekend.

By Saturday evening, Calgary police had responded to more than 130 collisions, including six that involved minor injuries. But it was outside the city where many became stranded, as 40 vehicles were involved in three separate crashes on Highway 2.

One driver was killed in a rollover in northeast Alberta on Highway 43, and RCMP said weather was believed to be a factor. METRO/WITH FILES FROM THE CANADIAN PRESS

Todd Nickle, a Mount Royal University professor and president of the Alberta Introductory Biology Association, says hands-on experience and personalized instructional time are being sacrificed as schools like his work to cut costs in the wake of a tough provincial budget last March. GLENN KELLY/FOR METRO

Profs fear 'erosion' in Alberta schools

Education funding. Some concerned cuts may translate to fewer opportunities for province's students

JEREMY NOLAIS
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Less one-to-one instruction time, pared-down lab exercises and even restrictions on photocopying and handouts.

According to Todd Nickle, a professor in the biology department at Calgary's Mount Royal University and head of the Alberta Introductory Biology Association (AIBA), those are all realities plaguing him and his peers now realizing the full effects of cuts to post-secondary education funding.

The end result, Nickle fears, is an "erosion" of Alberta's post-secondary system and the quality of graduates it produces.

"Absolutely the opportunities are less and that means our students are going to have a harder time distinguishing themselves," he said. "Nobody cares necessarily that you got an A-plus in a second-year course, but if you can show that you did an independent studies project, maybe even published a paper, those are the things that really give graduates an opportunity when they leave the institution."

Nickle isn't alone in his concerns, as he recently penned a letter to Advanced Education Minister Thomas Lukaszuk with the backing of 50 fellow AIBA members at schools ranging in size from St. Mary's to the University of Alberta.

But when quizzed about the impact to potential graduate pools, Lukaszuk said Alberta's post-secondary system is still better funded than those in all other provinces, besides Quebec. He said while the budget was difficult, it also provided a "catalyst" for a system in need of change.

"It's this kind of rhetoric, that 'this is the end of the world, we're no longer good' that will be driving students away, professors away and quality away," Lukaszuk said. "They should be boasting that, despite the fact they've had a difficult year, they're so strong and so resilient and so excellent in their academia that they are still among the most competitive universities in the world."

Paul Rogers, faculty association head at the University of Calgary, said, however, "something's got to give," but added it's not yet clear what will be lost in the long run at his school.

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More cleanup required at Gas Plus leak site

May take years to fix.
Province pledges 9,000 litres of fuel will be removed from soil

JEREMY NOLAIS
jeremy.nolais@metronews.ca

The site of the now-demolished Gas Plus site that saw 9,000 litres of fuel leak from it in 2010 is seen Sunday. JEREMY NOLAIS/METRO

Brian Parsons tries not to think about the prospects of selling his home on Bow Crescent N.W. in a few years' time.

He lives just a stone's throw from the former site of a Gas Plus station that leaked 9,000 litres of fuel into the surrounding ground soil in mid-2010, forcing the province to deem three nearby homes unfit for habitation.

Even now, one of those residences, located right next to Parsons', remains condemned. It belonged to the Hillier family, who eventually moved away to Nova Scotia amid fears the high levels of benzene in the area would cause permanent harm to their young children.

Parsons' home, meanwhile, appears to have been spared from the harmful hydrocarbons, but even then it's subject to future testing and he wonders what impact a rise in the water table amid June's historic flooding will have on the gases.

"Water came right up to the bottom of the driveway," he said, describing tense moments in the summer as the Bow and Elbow Rivers raged.

Now, he and others along the block worry about the value of their homes, especially given that there's no definitive end in sight to ongoing cleanup efforts. After an environmental order and a subsequent legal challenge, Alberta Environment Minister Diana McQueen finally issued a definitive directive to Gas Plus owner Sal Handel in January to begin remediating the site.

But an emailed statement from the province Friday said while that work is ongoing, groundwater sampling indicates additional cleanup efforts will be needed.

"As such, we are currently reviewing regulatory options to facilitate that additional remediation," the statement reads.

A timeline was not clear for when the cleanup would be completed but a spokesperson said it would be better quantified in years than months.

For Amar Singh, who owns the property on the corner closest to Gas Plus, the uncertainty of the situation was frustrating. He currently uses the home as an office for his business.

"We've had this engineer come around and do the testing ... air quality tests in the house are fine," he said, before conceding the house's proximity to the site of the now-demolished gas station could keep many prospective owners at bay.

"Of course, it's going to be an issue," Singh said.

Calls placed to the residence of Gas Plus owner Handel were not returned Sunday.

Roommates in Calgary enter Phase 2 of 'Buy Nothing Year' experiment

For the next nine months, Calgary roommates Geoff Szuszkiewicz and Julie Phillips plan to buy no meals at restaurants, no coffee at cafes, no fuel at gas stations, and no haircuts at barber shops.

The pair has vowed to cut off all spending on non-essential services (with exceptions for things like critical dentistry) as part of their "Buy Nothing Year" experiment, which Metro first reported on in August.

At that time, the roommates had begun with Phase 1 of their 365-day "experiment," and stopped buying household goods and clothing.

Phase 2 began on Nov. 3.

"The training wheels have come off," Szuszkiewicz said. "Cutting out services was a lot harder than I thought it was going to be."

They've been relying on each other for services they can provide — such as haircuts — and using trade and barter for things they require from others, such as helping a friend move in exchange for gasoline.

Geoff Szuszkiewicz and Julie Phillips have set up an aquaponics system to supplement their food stock during their Buy Nothing Year "experiment." ROBSON FLETCHER/METRO

It's all a matter of being "resourceful," Phillips said, but it hasn't been easy. As someone who used to frequent restaurants and coffee shops, she said the last two weeks have been harder than the previous three months. The upside, however, is in her bank balance.

"The past two weeks, I've been saving quite a lot, because I'm not spending $5 on a latte whenever the impulse hits," she said.

The pair still buys groceries but plans to give that up, too, in the final month of the experiment. They are documenting their journey at buynothingyear.com.

ROBSON FLETCHER/METRO

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Calgary's Kailani Decock has been busy battling Hodgkin's lymphoma and raising money with the help of thousands of her peers and strangers to aid fellow cancer sufferers. GLENN KELLY/FOR METRO

Thousands rally around cancer fighter

Project 19. $15K-$20K raised to aid research, others needing treatment

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Kailani Decock is not one to wallow in self-pity.

She sees little need to complain even when cancer treatments sideline her for a full week at time, chalking them up simply as a "horrible hangover that you can't get over."

Five months ago Decock had just returned from her junior year at Troy University in Alabama and a promising run with the NCAA Division 1 Trojans soccer team — it's a rare feat for an athlete north of the border to even suit up for a high-level squad down south.

It was then that doctors told her lumps in her throat that they'd noticed a few months prior were cancerous; in June, she was diagnosed with Hodgkin's lymphoma.

"I decided then that I'm not just going to sit there," she said bluntly. "I'm going to fight this and help other people along the way."

Together with her peers from the soccer pitch nearly 4,000 kilometres away, Project 19 was developed, a fundraising initiative to support fellow cancer victims and researchers. Decock wears No. 19 on her soccer jersey.

To date, thousands have gotten involved in the project, creating bracelets for donors, joining together to form human 19s at Troy sporting events and hosting parties.

"We wanted to create something that she could feel through action," said Chris Bentley, Decock's coach at Troy.

Decock has also been fundraising in Calgary and just completed her 12th and final chemotherapy treatment on Friday. She will receive some fresh results from her doctor in the coming weeks and has full intentions of returning to Troy in January and to the soccer pitch next fall.

She said Project 19, which has raised between $15,000-$20,000 to date, could benefit many unable to afford cancer treatments, especially in the U.S.

More details

- You can follow Project 19 on Twitter @Kailani_d and @project19kd. You can also search the project on Facebook and will find more information on how to donate there.
- The effort has also extended well beyond Troy's campus, as National Hockey League tough guy Ryan White with the Montreal Canadiens shaved his hockey hair in a show of solidarity.

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Perks. Federal workers rewarded with more than $100K in gifts each year

Hockey tickets, camcorders, iPods, spa visits — even a gift card to the liquor store.

This is some of the half-million dollars of booty that one federal department handed out to favoured workers in the last five years.

The Treasury Board Secretariat, with about 1,900 employees, now spends well over $100,000 each year on rewards for staff.

The annual value has quadrupled since 2006, when the Conservative government first came to power.

The value hit a peak of $135,000 in 2011, the year the Conservative government began cutting staff and programs to wipe out the federal deficit by 2015.

Treasury Board President Tony Clement has recently criticized the benefits available to public servants, and publicly vowed to trim them, putting him at odds with unions.

But internal documents show his department has been ever more generous with its so-called Instant Awards program, sometimes handing out goods and services worth as much as $500 a pop. THE CANADIAN PRESS

Dozens injured

Tornadoes sweep across Midwest, killing at least 5

Dozens of tornadoes and intense thunderstorms swept across the Midwest on Sunday, unleashing powerful winds that flattened entire neighbourhoods, flipping over cars, uprooting trees and leaving at least five people dead.

Illinois took the brunt of the fury as the string of unusually powerful late-season tornadoes tore across the state, injuring dozens. THE ASSOCIATED PRESS

Pakistan planning to try ex-president for treason

Pakistan's former president Pervez Musharraf, centre, leaves after appearing in court in Rawalpindi, Pakistan, in April. Pakistan's government plans to put Musharraf on trial for treason for suspending the constitution while in power. ANJUM NAVEED/THE ASSOCIATED PRESS FILE

Musharraf. Former leader could face death penalty if convicted for suspending constitution while in power

Pakistan's government plans to put former president Pervez Musharraf on trial for treason for declaring a state of emergency and suspending the constitution while in power, the interior minister said Sunday.

Musharraf, a former army chief, would be the first military ruler tried for treason in a country that has experienced three military coups in its 66-year history. He could face the death penalty or life in prison if he is convicted, but some question whether the country's powerful army actually will let that happen. Musharraf has maintained his innocence.

The government plans to send a letter to the Supreme Court on Monday asking that treason proceedings begin under Article 6 of the constitution, Interior Minister Chaudhry Nisar Ali Khan said during a news conference. The government made its decision after an investigating committee formed under the direction of the Supreme Court collected enough evidence for a trial, Khan said.

He insisted the government's decision to put the former president on trial was not a personal vendetta by Prime Minister Nawaz Sharif, who was toppled in a military coup by Musharraf in 1999. THE ASSOCIATED PRESS

Charges

"The constitution was ruined and violated. The judiciary was humiliated."

Pakistan Interior Minister Chaudhry Nisar Ali Khan

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Municipalities pooh-poohing 'flushable' wipes

Sanitation.
Wipes marked as flushable wreak havoc on sewer systems

Waste-water utilities across Canada say personal wipes are creating putrid sewage clogs that are costing Canadian ratepayers at least $250 million a year.

Sewage experts in Canada, the U.S. and beyond are cringing at efforts to sell the masses on the need to freshen their nether regions.

Manufacturers, meanwhile, say the wipes are getting the bum's rush from waste-water officials and are perfectly safe to flush.

A clog made up of flushable wipes.
DAVE CHIDLEY/THE CANADIAN PRESS

Nonetheless, the Municipal Enforcement Sewer Use Group (MESUG), composed of 25 Canadian communities, wants a federal standard to ensure more honest labelling of the wipes and other products that they insist are not safe to send down the toilet.

Among them: Supposedly flushable toilet-cleaning sponges, tampon applicators and even plush, multi-ply toilet paper.

While those products and personal wipes may swirl down the toilet with ease, experts say they don't disintegrate, creating serious problems as they work their way through aging sewage systems on their way to treatment plants.

Some municipal officials believe that MESUG's estimate of the $250 million annual cost is low and that wipes are poised to take a bigger toll.

THE CANADIAN PRESS

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Quebec. Snack-maker won't back down from native boy logo in holiday campaign

A Quebec snack-maker won't back down from plans to re-introduce a popular old logo of a cartoon aboriginal boy in a loincloth and feathered hat.

Krispy Kernels snack foods drew some criticism for a holiday marketing campaign featuring the old logo that hasn't been on the market for more than 20 years.

Its chip-package logo was well known for decades in Quebec, where the company is based.

It first appeared when the company was founded in 1959 and disappeared in 1990 during the Oka Crisis.

Vintage bags of Yum Yum potato chips featuring their aboriginal boy logo. RYAN REMIORZ/THE CANADIAN PRESS

THE CANADIAN PRESS

Saturday Night Live

NBC show mocks Rob Ford in opening sketch

Saturday Night Live has joined its late night TV brethren in claiming a stake in the Rob Ford comedy gold mine, lampooning Toronto's mayor.

SNL opened with Bobby Moynihan portraying Ford in a skit that parodied his repeated public apologies for such things as smoking crack, buying drugs, driving after drinking and using vulgar language. Ford was again targeted on their Weekend Update.

THE ASSOCIATED PRESS

Western studies porn's effect on relationships

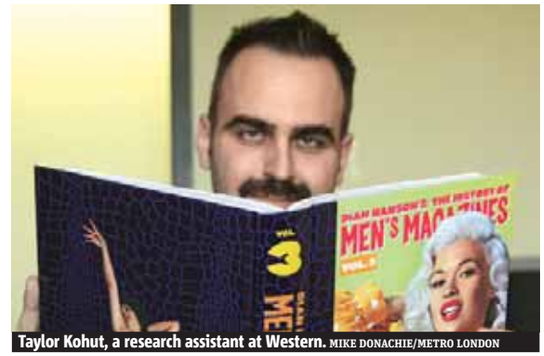
Sexual health study. A special appeal is being made for people who don't use porn but have a romantic partner who does

MIKE DONACHIE
Metro in London, Ont.

Do you watch pornography? Shy? Won't admit it?

That's the problem, say Western University researchers in London, Ont. Lots of people use porn but too few people admit it.

So they have made an unusual appeal. They want people to talk frankly — but anonymously — about their porn preferences to help a historic study into its effect on relationships.



Taylor Kohut, a research assistant at Western. MIKE DONACHIE/METRO LONDON

"We know that a lot of people are consuming pornography, both men and women," said Taylor Kohut, research assistant in the department of psychology. "We've known this for quite some time, although specific numbers are hard to pin down.

"We know that some people think this is affecting their relationships in different ways. What we don't know is why or how."

There has been research into porn and sexual behaviour for more than 40 years, said Kohut, but no definitive study during the Internet age.

The work at Western, led by professors Dr. William Fisher and Dr. Lorne Campbell, will be a first for the study of sexual health. It's been awarded a government grant of $144,570.

An online questionnaire asks what people are looking at, whether they do it alone or with a partner, and how they think it affects their relationship.

Here's how to get involved

Can you take part in the Western University research into pornography? Absolutely! Here's how:

- The study itself can be found at goo.gl/duuwmW
- For more information about the research, go to smartla5.wix.com/smartlab or facebook.com/smartlabwesternu.

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Rumours of the death of cable TV have been greatly exaggerated

Cutting the cord, slowly. While cheap streaming services are on the rise, only 3.5% of us have cancelled costly TV subscriptions since 2011

Watching television on the Internet is cheap and convenient, but so far only a small number of Canadians have cut the cord on traditional viewing as TV providers offer discount prices and spend more on programs to keep customers who pay bigger monthly bills.

The death of traditional TV watching has been overblown so far, say analysts who track viewing habits.

"The truth of the matter is the revolution hasn't come," said Brahm Eiley of the Convergence Consulting Group in Toronto.

It's slow moving, with about 400,000 TV subscribers — 3.5 per cent — out of 11.8 million who have cut the cord since 2011, Eiley said, adding cord cutting started after the arrival of online subscription service Netflix in late 2010.

"TV is not dead," Eiley said.

Canadians watch about 28 hours of TV a week and another three hours on the Internet, according to the Canadian Radio-television and Telecommunications Commission.

But the movement to online viewing can't be ignored because it has a cost for TV providers. The average revenue that a TV customer generates is $65 monthly, compared with almost $45 for an Internet customer, Eiley said.

TV providers are fighting to keep every subscriber and Bell's Fibe TV has been leading the way with aggressive promotions noted by competitors Rogers and Videotron, which have lost customers in the intensely competitive environment.

THE CANADIAN PRESS

Birth of 'cord nevers'

Eric Rosenquist, who has a blog called Adventures in Canadian Cord Cutting, said a real change will come in viewing with younger Canadians, calling them "cord nevers," an industry term used to describe those who don't bother at all getting a TV subscription.

Bedside manner 2.0

The doctor isn't in, but he can still see you now. RP-VITA robots enable physicians to have a different bedside presence as they "beam" themselves into hospitals to diagnose patients and offer medical advice during emergencies. A growing number of hospitals in the U.S. are using telepresence robots to expand access to medical specialists, especially in rural areas where there's a shortage of doctors.

RICH PEDRONCELLI/THE ASSOCIATED PRESS

Trend. Once eggs dry up, old hens are dumped

Backyard chicken enthusiasts find the fun of bringing a slice of farm life into the city stops when the hens become infertile. Hesitant to kill, pluck and eat a chicken, some people abandon the animal in a park or rural area.

As a result, more old hens are showing up at animal shelters, where workers increasingly respond to reports of abandoned poultry.

Urban chicken populations have been on the rise since the mid-2000s.

THE ASSOCIATED PRESS

Random biz fact of the day

3

At least half of all job seekers with smartphones or tablets spend 3 hours or more looking for jobs on those devices every week.

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Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 11

metronews.ca/temp

Temp Enters a Universe of Pain

It was a Quentin Tarantino standoff where everyone holds up a gun at everyone else, except there weren't guns, just words and emotions. The Danimal looked at Kyle and then at Sarah and hissed. "You cradle robber."

Sarah shot back, "What about you, Dan?" (Referring to moi.)

"I'm only here with Shannon to talk business."

"Yeah right, cowboy."

Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage. It sounded like a kettledrum and Danimal fell to the floor shouting astonishingly unprintable things at Kyle and Sarah, who up and left.

"What is wrong with that kid!" shouted Dan, "Oh my God, the pain!"

"Thanks for accusing me of spying," I said.

He coughed. "Shannon, take me to emergency. I think I'm going to die."

We went to his BMW where he curled into a ball in the passenger seat while I drove.

I said, "I really shouldn't be doing this. You're mean."

"Just take me to Crown Permanente."

"Oh. Going to the rich people's hospital are we?"

"Please drive."

We arrived and Danimal hobbled out of the seat and into Emerge, an oasis of calm with tastefully matched fabrics and gentle lighting. There was a copy of Modern Symphony magazine on the walnut-inlaid coffee table. We went to the desk where a supermodel was moonlighting as a nurse on duty.

Dan groaned, "I need an X-ray. Quick."

"Of course, sir. I'll need to take an imprint of a credit card. We accept all major cards."

The Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage.

Danimal looked in his pockets. "Oh jeez, it's in the pocket of the jacket that went out for dry-cleaning today. Just let me in. I'll bring it tomorrow. I'm totally insured."

I could see that our supermodel had been through this many a time. "I'm sorry sir, but without an imprint of a valid card with the correct credit limit, I'm afraid there's nothing further we can do."

"I—" He was speechless.

"Welcome to my world," I said. "Get back in the car. I'll take you to Saint Eustace."

"That's in the worst part of town."

"What's your point?"

So we drove off to Saint Eustace. "It's just a slug in the gut, Dan. How bad can it be?"

"He broke something. Or damaged my heart. I can tell. Oh my God, the pain!"

We pulled up to Saint Eustace, which resembled the battle-ravaged Vietnamese village remains in part three of Full Metal Jacket. A conga line of sick and wounded people stretched out the front door and into the street. One quick wardrobe change and you'd have Les Misérables.

"I can't go in there," Danimal said.

"It's either that or nothing. Want me to take you home?"

"No!"

"OK, then join the line."

TO BE CONTINUED...

Financially unstable

'The bank won't lend you money'

Temporary work in Canada presents a number of uncertainties on the job, but one real-estate agent in Saskatoon said those uncertainties go beyond the office.

Agent Paul Chavady says banks aren't willing to provide mortgages to those working in temporary positions.

"The bank won't lend you money," he said. "They require a stable income where a worker is permanently employed and off probation."

While real-estate agents in Saskatoon don't usually deal with rental properties, he said he would have no problem renting a temporary worker an apartment, but said he would be hesitant about signing a long-term lease, as the financial situation of a temp is too fluid. **METRO IN SASKATOON**

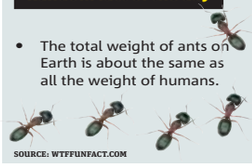
GETTY IMAGES

Temp vs. Perm

16%

A recent Statistics Canada study showed that temp workers earn on average 16 per cent less than their permanent peers.

Random fact of the day



- The total weight of ants on Earth is about the same as all the weight of humans.

SOURCE: WTFFUNFACT.COM

Random biz fact of the day

85%

Smile like you mean it — 85% of the decision to hire or promote an employee is based on the individual's attitude.

SOURCE: NEXCAREER

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CONFESSIONS OF A GEOCACHE ADDICT

High Plains Drifter

James Callsen
calgary@metronews.ca

I think I've developed a problem. It's keeping me up all hours of the night with my friends. I've been racing around the city, phone in hand, always searching for the next score. I've become obsessed with finding more, especially if it's a high-grade stash.

Friends, I've become addicted to geocaching.

Originating in 2000, geocaching involves a series of hints and GPS co-ordinates posted online for a secret cache. Hidden by other geocachers, the caches could be anywhere, from a pile of rocks to a tree branch to a phone book.

They consist of a logbook to sign upon a find and, quite often, a stash of fun, tradable items.

As a grown man in his 30s, I always thought it was something that was for kids. That is, until a friend introduced me to the thrill of the hunt.

Now, I'm fully obsessed with hunting down this city's caches and finding the coolest stuff to trade.

In fact, it's hard for me to get anywhere anymore without wondering if there are any caches close by.

It's a modern day treasure hunt and the best part about it is that it's free.

My geocaching clan has taken our adventures to the next level by operating strictly at night, even in inclement weather. There is something so fun, free and exhilarating about taking to our city under the cover of darkness via bicycle, sporting headlamps, warm clothes and iPhones, gleefully exploding with joy upon finding a cache.

Our quest for geocaching glory has taken us to the far reaches of the city, allowing us to see Calgary in a very unique stance.

It's so fascinating to realize that there are hidden treasures literally all over our city, just waiting to be found. You might have walked past a cache a hundred times without knowing it is there.

So if you're looking for a new hobby that's cheap, fun for all ages and built for good, clean adventures, I'd suggest trying to hunt down a geocache.

Be warned though, it's easy to get hooked and the next thing you know, you'll be looking high and low, checking your geocaching app and wondering what could be around the corner, under a park bench or up a tree.

However if you do get hooked, there's plenty of support.

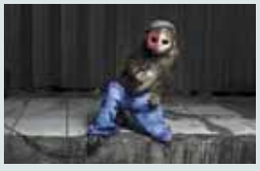
Just have good shoes and bring a flashlight.

Looking for fun? It's lurking where you least expect it

So if you're looking for a new hobby that's cheap, fun for all ages and built for good, clean adventures, I'd suggest trying to hunt down a geocache.

ZOOM

The terror of the monkey's mask



COURTESY PERTTU SAKSA

Monkeys forced to dance in public

Finnish photographer Perttu Saksa has explored Indonesia's chilling world of dancing monkeys — macaque monkeys clad in dolls' masks and children's clothes, trained to behave like humans and then sent out onto the streets to beg for money.

"They are sort of a mirror," says Saksa on how he highlighted the monkeys' weird, anthropomorphic quality.

"By making the monkeys the centre of my images, I focus on ideas of a more universal nature, like whether or not we should feel empathy towards them."

So for Saksa, the portraits are a barometer of gauging indifference towards others' suffering.

METRO

Photog's viewpoint

"They are animals, forced to behave like humans do. Of course all of them were very stressed, some of them were sick."

Perttu Saksa, artist/photographer, 35

Clamping down

- Last month, Jakarta authorities began clamping down on street monkey performances. The city government is buying back all monkeys used as street buskers and donating them to zoos.
- Jakarta Animal Aid Network says 350 animals work as street performers.

A hearty gesture

Pope promotes prayer like meds — crowd gets pillboxes of rosaries

Joking that he's like a pharmacist, Pope Francis is promoting prayer as medicine for the heart.

Appearing on Sunday at his studio window, Francis held up a rosary in a box designed to resemble a packet of pills, before volunteers distributed thousands of those boxes, which feature a design of a human heart.

Francis said he was recommending reciting the rosary prayer as a "spiritual medicine" that is "good for the heart."

Francis's down-to-earth way of speaking, in a style ordinary people can readily understand, is drawing larger-than-usual crowds to St. Peter's Square for his traditional weekly appearances. About 80,000 tourists and Romans packed the square on Sunday.

THE ASSOCIATED PRESS

A box, shaped like a pillbox, contains a rosary that was distributed at the end of Pope Francis's traditional Sunday appearance in St. Peter's Square.
GREGORIO BORGIA/THE ASSOCIATED PRESS

Twitter

@metropicks asked: Canada has been criticized for sending only $5M and 1 DART team for Philippines disaster relief. What do you think is the best way to help?

@jeangra68434593: Donate CASH to The Salvation Army and The Red Cross.Those on the ground know specifically what is most urgently needed & .where

@jeffoulds: Alot better then China. $1.5 million

@SmithMuranocity: give me the 5MM we do what we can not what they want

@matdey1980: ask the sport stars, they got money coming out if the wood works!

@commsghost: don't send AnyThing !!

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SCENE

Ebooks

12 Years a Slave

By. Solomon Northup

iBooks for iPad/Mac

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

It takes an insidious plan to kidnap an intelligent, observant man like Solomon Northup, and harrowing brutality to keep him enslaved afterwards. No wonder a movie has been made of his determined escapes from strange cruelties and stranger men. This Bybliotech edition gives better care to its illustrations and makes the 160-year-old text easier to understand with audio narration.

Box office

Thor hammers competition

Thor: The Dark World bested The Best Man Holiday at the box office. Disney's Thor: The Dark World continued its box-office reign with $38.5 million in its second week of release. The Best Man Holiday opened with $30.6 million.

THE ASSOCIATED PRESS

In 12 Years a Slave, Brad Pitt plays enlightened Canadian carpenter Samuel Bass, who in real life was from Ontario's Augusta Township. CONTRIBUTED

Catching Canada's Bass

12 Years A Slave. Descendants of the real-life Samuel Bass learn of their ancestor

A Canadian connection to the harrowing film 12 Years a Slave has the real-life descendants of one courageous character beaming with pride.

The unflinching big screen account of slavery in the Deep South — already considered a frontrunner for awards season glory — is based on the true story of Solomon Northup, a free black man lured from his home in Saratoga Springs, N.Y., in 1841 and sold into slavery.

Played in the film by Chiwetel Ejiofor, Northup ends up forced to toil on a series of punishing Louisiana plantations where he's stripped of his papers, freedom and even his name.

His torment ends only after a chance encounter with an enlightened Canadian carpenter, Samuel Bass, played by Brad Pitt, who agrees to help him contact friends who can vouch for his identity.

Pitt's character is based on a real-life figure from Ontario's Augusta Township, and 160 years later, his descendants say they are amazed to learn of their forefather's brave response to a man in need.

"The movie is about Solomon Northup, right? But we would never have heard of him, I guess, if he hadn't met my great great great great grandfather," says 50-year-old Kenora, Ont., resident Laurie Morris, whose mother is descended from Bass's second daughter Hannah.

"For the Canadian side of things, it shows we're good people. I just imagine being down there and being the only Canadian with an opinion like that."

Morris and other descendants say they are only now discovering details about Bass, who left Canada sometime around 1840 and took on a series of carpentry jobs throughout the United States.

It turns out that other aspects of his life were not so honourable — census records show he left behind a wife, Catherine Lydia Lane, and four daughters: Catherine, Hannah, Martha Maria and Zeruah Bass, says Bonnie Gaylord of the Grenville County Historical Society in Prescott, Ont.

Morris' 75-year-old mother says that could be why she had never heard of Samuel Bass until 12 Years a Slave.

"He wasn't talked about in our family. I guess it was because he was never around," says Rae Moulton Todd of Prescott, located about 100 kilometres south of Ottawa, near the original Bass family farm.

"It is kind of exciting. And then I turn around and I think, 'He really was a big jerk.' He left his wife and four daughters here to be looked after by whoever."

THE CANADIAN PRESS

Ben Affleck

Who's the best Batman, Ben? A gutsy five-year-old

Ben Affleck is getting ready to suit up as Batman for Batman vs. Superman, but he's smart enough to know when he's been bested. After the Make-a-Wish Foundation helped transform San Francisco into Gotham City Friday for the benefit of 5-year-old Miles Scott — who quickly became known as Batkid — Affleck took to Twitter to show his support. "Batkid. Best Batman ever," he posted.

Pop Goes the Week

Beckham's big Knight may change Posh's constant scowl

STARGAZING
Malene Arpe
scene@metronews.ca

David Beckham is in line for a knighthood. That explains why his wife, while writing "Lady" 756 times this week had a brief facial expression other than scowling.

A man nails his privates to the ground in the Red Square to protest Russia's devolution into a police state. In unrelated news, Steve-O has been reported missing from his Los Angeles home.

Reasons that Liongate's possible Hunger Games theme park is a really fantastic idea. 1) The Rollercoaster of Random Weapons and Disembowelment is super-fun. 2) Squirrel on a stick may be neither healthy nor delicious, but it sure is cruel. 3) If your kids go missing while at the park, you can find them at the Lost and Drowned.

Justin Bieber's new song contains the lyrics, "Ooh, you know females/ And how they like to run their mouths." The song continues, "I'm so sorry/ I didn't mean it / I'm too little for corporal punishment/ And my rhymes suck/ #respectyourmothers.

This week in tiresome millionaires: 1) Justin Timberlake complains about critics and says that sometimes he "just wants to bleeping kill everybody." 2) Olsen twin Mary-Kate says that people who don't like her and her sister — purveyors of $55,000 crocodile backpacks — have "an uneducated perspective." 3) Tom Cruise belatedly scoffs at his own statement that acting sometimes is as hard as fighting in Afghanistan.

Stevie Nicks will guest on American Horror Story. TOO MUCH HAPPINESS.

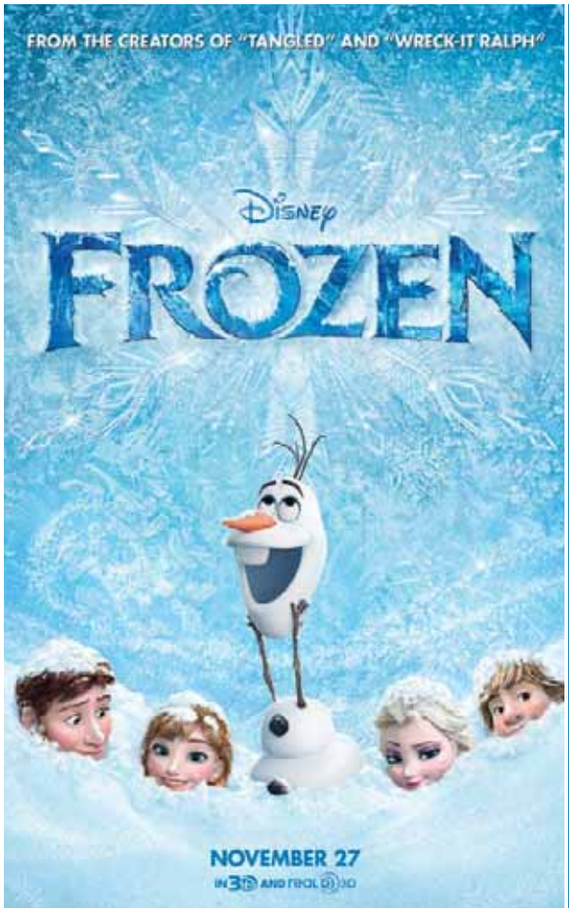
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga. ALL IMAGES GETTY

She may live fast but Gaga's not dying young

Lady Gaga is currently 27 years old, a fateful age for famous musicians, as that's the age at which Jim Morrison, Jimi Hendrix, Janis Joplin, Kurt Cobain and — most recently — Amy Winehouse, passed away. But Gaga insists she won't be joining the 27 Club. "I want to show people that I will last past 27 and I will last longer, and so will you," she says during an interview with New York radio station Z100. "I want to change this code in the atmosphere that in order to be remembered, I must die young. In order to be remembered as a legend, I must be dead first. This is unhealthy."



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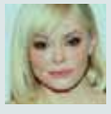
Brad and Angelina have a Jolie good time at awards

Brad Pitt kissed Angelina Jolie after her grand entrance at the film academy's Governors Awards Saturday night having been kept apart for weeks by busy schedules. Jolie received the Jean Hersholt Humanitarian Award, while Steve Martin and Angela Lansbury were given honorary Academy Awards for their distinguished careers. "Receiving the Hersholt award makes me feel like I am on the right path but also reminds me I have more to do," Jolie told The Associated Press this past week. The actress-director is co-founder of the Prevent Sexual Violence Initiative and serves as special envoy for the United Nations High Commissioner for Refugees.

Twitter

@ParisHilton
Just had the most incredible deep tissue massage down at the spa. Feel so relaxed. Perfect way to cure my jetlag. Now time for a swim!



@rosemcgowan
I want a cheeseburger

@SarahKSilverman
Other than a couple primal screams I haven't spoken aloud in a good 36 hours

Justin Bieber

Bieber in the neighbours' bad books

After an eventful tour leg through South America, Justin Bieber was probably hoping to have some relaxing time at home without any more trouble during his break in Los Angeles. Good luck with that. The 19-year-old pop star's neighbours reportedly called the police multiple times early Saturday morning with noise complaints, resulting in two visits from the Los Angeles County Sheriff's office, according to TMZ.

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Travel tip

All-inclusive is the way to go

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Visiting an all-inclusive resort located on a hot sandy beach can be the perfect way for families to get fun, sun, and all-you-can-eat buffets designed to satisfy even the pickiest eater. Kids Clubs and a variety of activities for the whole family can keep everyone happy. But beyond the walls of the all-inclusive is likely a new country with history, culture, art, adventure, and cuisine to discover. Many resorts or vacation providers offer daily or overnight trips which leave from the resort and deliver an easy, hassle-free way to take advantage of the riches of the region. There is usually a selection of active adventure trips, visiting local villages or enjoying a cultural experience such as a museum or theatre.

Families can try local food, shop in markets for authentic goods, try unique physical challenges and contribute to the local economy while learning about the rich history. Transportation and accommodations are arranged for a hassle-free sojourn before returning back to the comfort and relaxation of the all-inclusive.

Exclusively online

- Parenting — it's like being a contestant on Let's Make a Deal. Find out why, and get a great cocktail recipe, at metronews.ca/voices. For the best-selling new mommy gift, pick up Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson, in bookstores now.

Temps in your family

A "now playing the role of..." voice-over is all it takes to swap actors out on daytime soaps. The newbies pick up right where their predecessors left off. Imagine if your family members could be subbed out for telegenic temps... Here are a few characters who would make excellent temporary relatives

MIKE DOJC/FOR METRO

Pet: Brian Griffin (Seth MacFarlane)

Harry S. Truman once advised getting a dog if you wanted a friend. Pooches offer loyal companionship and unconditional love. You may love them right back, but there's still always the hassle of cleaning up after them and taking them on walks. With Brian, there are no strings attached. He can totally take care of himself, so no poop scooping. Besides, he's a talking dog and incredibly smart. But make sure to lock up your liquor cabinet, as he has a nose for dry martinis.

Father: Robert Crawley (Hugh Bonneville)

A dapper well-bred gent, Robert may be a bit of a traditionalist, but at the same time he's always hip to the latest technologies, jumping at the chance to modernize Downton Abbey with electric chandeliers and telephone lines. Most importantly, he's an excellent dad who loves his daughters dearly. While he may initially disapprove when Sybil runs off with the chauffeur or Edith starts writing for the newspaper, he always comes around and eventually accepts decisions they make that further their happiness.

Mother: Rayna James (Connie Britton)

Nashville's Queen of Country — pretty much an amalgam of Reba McEntire, Faith Hill and Tami Taylor from Friday Night Lights — is sweet as tea. Despite decades atop the charts, this big-hearted star remains down to earth. How many other multi-platinum artists do their own grocery shopping? While her man situation can get complicated, she's always protective of her daughters. Her priority is shielding them from any drama. The only downside to having Rayna as a mom would be listening to your friends blather on about your yummy mummy.

Sister: Ann Perkins (Rashida Jones)

A great friend and confidante, Parks and Recreation's Ann Perkins is loyal almost to a fault, always putting the needs of others above her own. Above all, her most unique talent is fading into the woodwork while making other people shine. A top-notch straight woman, having her around will make your jokes seem way more hysterical. Also, considering how well she tolerates the oddball antics of Tom, Chris, Andy et al., you won't have to worry about any of your buddies creeping her out.

Wife: Jess Day (Zooey Deschanel)

The ultimate manic pixie dream girl, Jess is as bubbly as she is beautiful. The textbook definition of "adorkable," she constantly radiates sunshine while rocking Kewpie-doll-cute outfits. She's also loving, loyal and supportive to her circle of friends and is amazing with children. Besides, even Jess' borderline annoying habits of randomly bursting into song or channelling an '80s TV show for an impromptu impression are endearing 99 per cent of the time.

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CARDEL LIFESTYLES

Vanilla-infused Fruity Crème Brûlée makes for light ending

Want a treat after a hearty dinner that isn't too heavy? This crème brûlée with its surprising fruit finish is the prefect choice.

1. Divide berries evenly in bottom of four, oven safe (4 oz/118 ml) ramekins.

2. Spoon 1/3 cup (75 ml) yogurt into each ramekin, over top of berries.

3. Sprinkle yogurt in each ramekin with 1 tbsp (15 ml) sugar.

This recipe serves four. JJ THOMPSON

Ingredients

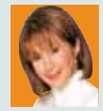
- 6 tbsp (90 ml) fresh berries (such as raspberries, blueberries or sliced strawberries)
- 1 1/3 cups (325 ml) Yoplait Yopa! Greek Yogurt – Va-Va Vanilla Bean
- 4 tbsp (60 ml) granulated sugar or brown sugar, depending on method used for last step

4. Holding kitchen torch 3 to 4 inches (7.5 to 10 cm) away from yogurt, caramelize sugar by heating with torch about 2 minutes, moving flame continuously over sugar in circular motion until sugar is melted and light golden brown. If you don't have a kitchen torch, you can also use your broiler. The results will be slightly different though and it is recommended that you use brown sugar instead of granulated sugar. Preheat your broiler. Sprinkle each serving with 2 tsp (10 mL) brown sugar. Place ramekins on a baking sheet and place 4 inches (10 cm) from broiler and broil until sugar is melted.

COURTESY YOPLAIT CANADA

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Who doesn't love street meat? When you're on the go, it's a great lunch solution — but the wrong choice will have you filling up on calories and fat.

Sausage on bun with fried onions, cheese sauce, peppers

887 calories/55 g fat

Street vendors selling greasy sausages will put your blood pressure and cholesterol off the charts.

Equivalent

A sausage on a bun with fried onions, cheese sauce and peppers is equal in calories to nine M&M Meat Shop mesquite steaks.

2 hot dogs on small buns with mustard, relish and ketchup

388 calories / 22 g fat

You're better off enjoying two small hot dogs with half the fat and calories.

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Loopy to keep cursive?

Put down your pencils. As cursive writing loses steam in schools across North America, experts way in on the pros and cons of a former classroom staple

Cursive writing is no longer being taught in many schools in the U.S. as some 45 states have adopted Common Core standards, which have eliminated the teaching of cursive writing. AL BEHRMAN / THE ASSOCIATED PRESS

The swirling lines from Linden Bateman's pen have been conscripted into a national fight to keep cursive writing in the classroom.

In years gone by, cursive helped distinguish the literate from the illiterate. But now, in the digital age, people are increasingly communicating by computer and smartphone. No handwritten signature necessary. Call it a sign of the times. When the new Common Core educational standards were crafted in the U.S., penmanship classes were dropped. But at least seven of the 45 states that adopted the standards are fighting to restore the cursive instruction.

The argument for cursive

Bateman, a 72-year-old state representative from Idaho, says cursive conveys intelligence and grace, engages creativity and builds brain cells.

"Modern research indicates that more areas of the human brain are engaged when children use cursive handwriting than when they keyboard," said Bateman, who handwrites 125 ornate letters each year. "We're not thinking this through. It's beyond belief to me that states have allowed cursive to slip from the standards."

Why was it dropped?

U.S. state leaders who developed the Common Core — a set of preferred K-12 course offerings for public schools — omitted cursive for a host of reasons, including an increasing need for children in a digital-heavy age to master computer keyboarding and evidence that even most adults use some hybrid of classic cursive and print in everyday life.

"If you just stop and think for a second about what are the sorts of skills that people are likely to be using in the future, it's much more likely that keyboarding will help students succeed in careers and in school than it is that cursive will," said Morgan Polikoff, an assistant professor of K-12 policy and leadership at the University of Southern California.

The movement to have cursive restored

U.S. states that adopted Common Core aren't precluded from deviating from the standards. But in the world of education, where classroom time is limited and performance stakes are high, optional offerings tend to get sidelined in favour of what's required.

That's why at least seven states — California, Idaho, Indiana, Kansas, Massachusetts, North Carolina and Utah — have moved to keep the cursive requirement. Legislation passed in North Carolina and elsewhere couples cursive with memorization of multiplication tables as twin "back to basics" mandates.

Cursive advocates cite recent brain science that indicates the fluid motion employed when writing script enhances hand-eye co-ordination and develops fine motor skills, in turn promoting reading, writing and cognition skills.

They further argue that scholars of the future will lose the ability to interpret valuable cultural resources — historical documents, ancestors' letters and journals, handwritten scholarship — if they can't read cursive. If they can't write it, how will they communicate from unwired settings like summer camp or the battlefield?

"The Constitution of the United States is written in cursive. Think about that," Bateman said.

What do the students and teachers think?

All the fuss seems a bit loopy to certain members of gens X, Y and Z — which have diverged increasingly from handwriting to computers.

The volume of first-class mail at the U.S. Postal Service fell in 2010 to its lowest level in a quarter-century, just as computer use — and the keyboarding it involves — was surging.

Some 95 per cent of teens use the Internet, and the percentage using smartphones to go online has grown from 23 per cent in 2011 to 37 per cent today, according to the Pew Research Center. A 2012 Pew report found the volume of text messages among teens rose from 50 a day on average in 2009 to 60 a day on average two years later.

THE ASSOCIATED PRESS

What are the implications?

Adults unable to write cursive might think back to the experiences of Jacob Lew when President Barack Obama nominated him as treasury secretary in 2013.

- As treasury secretary, Lew's signature would be on U.S. currency. But that signature looked more like a series of loops than the distinct letters in his name.
- "Jack assured me that he is going to work to make at least one letter legible in order not to debase our currency," the president joked at the time.

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4 SPORTS

Curling

Koe clinches Grand Slam with win vs. Gushue

Calgary's Kevin Koe edged Brad Gushue of St. John's 5-4 at the Grand Slam of Curling Canadian Open final on Sunday.

With the match tied at four heading into the eighth end, Koe scored a single in the final end to seal his victory.

"It feels great," said Koe, who has now won two Grand Slam events after taking the 2012 Masters. "Obviously, when you make a big shot at the end to win, it feels even better and makes it more exciting."

The Calgary rink came out strong, putting up two points in the first end, but Gushue responded with two of his own to tie the game in the third.

THE CANADIAN PRESS

NHL

Wild ride hot home streak to down Jets

Mikko Koivu scored two goals, including the winner with 3:12 remaining, and the Minnesota Wild extended their winning streak to four games with a 2-1 victory over the Winnipeg Jets on Sunday.

Josh Harding made 21 saves for his 12th victory.

The Wild have an eight-game points streak (7-0-1) and pulled into second place, two points behind Chicago, in the Central Division. They also extended their home winning streak to six games and are 10-1-2 at home.

THE ASSOCIATED PRESS

The Roughriders' Kory Sheets gets away from the Stampeders' Cordarro Law in the first half on Sunday. Sheets rushed for 177 yards. JEFF MCINTOSH/THE CANADIAN PRESS

Stamps roughed up by Riders in West final

CFL. Saskatchewan overpowers Calgary on both sides of the ball to earn Grey-Cup berth

West final

Roughriders	Stampeders
35	13

The Calgary Stampeders were their own worst enemy.

Kevin Glenn threw an interception on Calgary's opening drive of the first quarter and another late in the second, setting the tone for a mistake-prone Stamps offence in a 35-13 loss to the Saskatchewan Roughriders in Sunday's West Division final.

The win earned the Riders a trip to the 101st Grey Cup in Regina against the Hamilton Tiger-Cats next Sunday.

Calgary receivers Jeff Fuller and Maurice Price both made nice catches in the second quarter for long gains only to fumble, and the Riders recovered the ball on both occasions.

Glenn completed 7-of-13 passes for 185 yards and no touchdowns to go with the pair of interceptions before he was replaced by Drew Tate to start the second half. The Stampeders finished the game with seven turnovers.

Falling short

"Having that many turnovers to ruin the game (and) to have that type of tackling ... it's hard to explain." Calgary coach John Hufnagel

"You go from the highest high to the lowest low," Glenn said. "Right now it's pretty low. We felt that we had a chance and we came out and we didn't play good football. We turned the ball over. You've got to give them credit, they won."

Saskatchewan quarterback Darian Durant completed 24-of-30 passes for 280 yards and three touchdowns.

Kory Sheets ran the ball 28 times for 177 yards, while the CFL's leading rusher Jon Cornish was held to 67 yards on nine carries. THE CANADIAN PRESS

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Belt offers GSP little consolation after controversial win

UFC 167. Fighter hints at retirement after five-round beatdown

Peeking over his shiny championship belt, Georges St-Pierre looked anything but a winner at the UFC 167 post-fight news conference.

His battered face looked like he had been in a car crash.

Perhaps more worrying was the hidden hurt inside.

Moments after winning a controversial razor-thin split decision over No. 1 contender Johny (Bigg Rigg) Hendricks on Saturday night, the battered UFC welterweight champion hinted at retirement in cryptic post-fight comments in the cage — citing unexplained personal issues and the need to step away — before being transported to hospital.

Georges St-Pierre at the post-fight press conference. THE CANADIAN PRESS

When he returned to the MGM Grand Garden Arena midway through the post-fight news conference, the Canadian poured gasoline on the fire.

"I can't sleep at night now. I'm going crazy," he said. "I have issues. I need to relax. I need to get out for a while. I don't know what I'm going to do."

He declined to detail the issues. UFC president Dana White, after meeting privately with the 32-year-old from Montreal, said St-Pierre's personal problems "aren't as bad as he thinks they are."

For White, it was a nightmare finale to a card billed as a celebration of the UFC's 20-year anniversary.

White was irate that two of the three judges had scored the fight 48-47 for the champion, giving him three of the five rounds and a split decision. And then he heard his pay-per-view king say out of the blue that he was walking away from the sport — for how long, nobody knew. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	20	14	6	0	64	50	28
Boston	19	12	6	1	53	36	25
Toronto	20	12	7	1	57	47	25
Detroit	21	9	5	7	54	60	25
Montreal	21	10	9	2	52	45	22
Ottawa	20	8	8	4	58	62	20
Florida	21	5	12	4	46	70	14
Buffalo	22	5	16	1	41	68	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Washington	21	12	8	1	69	59	25
Pittsburgh	20	12	8	0	56	47	24
NY Rangers	20	10	10	0	42	50	20
Carolina	20	8	8	4	39	55	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	21	8	10	3	61	68	19
Columbus	20	7	10	3	52	57	17
Philadelphia	19	7	10	2	35	48	16

Sunday's results
Columbus 4 Ottawa 1
Washington 4 St. Louis 1
Los Angeles 1 NY Rangers 0
Chicago 5 San Jose 1
Dallas 2 Vancouver 1
Minnesota 2 Winnipeg 1
Saturday's results
NY Rangers 1 Montreal 0
NY Islanders 5 Detroit 4 (SO)
Toronto 4 Buffalo 2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
Minnesota	21	13	4	4	55	44	30
St. Louis	19	13	3	3	66	46	29
Colorado	19	14	5	0	59	41	28
Dallas	20	11	7	2	58	56	24
Winnipeg	22	10	10	2	57	61	22
Nashville	20	9	9	2	46	63	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	22	15	5	2	71	56	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	20	6	11	3	54	75	15
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

New Jersey 4 Pittsburgh 1
St. Louis 4 Carolina 2
Phoenix 6 Tampa Bay 3
Nashville 7 Chicago 2
Florida 4 Colorado 1
Edmonton 4 Calgary 2
Monday's games — All Times Eastern
Boston at Carolina, 7 p.m.
Anaheim at Pittsburgh, 7:30 p.m.
Calgary at Winnipeg, 8 p.m.

MLS PLAYOFFS

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KANSAS CITY VS HOUSTON

Leg 1 — Saturday, November 9
Houston 0 Kansas City 0
Leg 2 — Saturday, November 23
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 1 — Sunday, November 10
Real Salt Lake 4 Portland 2
Leg 2 — Sunday, November 24
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION FINALS

EAST DIVISION
Sunday's result
Hamilton 36 Toronto 24
WEST DIVISION
Sunday's result
Saskatchewan 35 Calgary 13

101ST GREY CUP

Sunday, Nov. 24 — All Times Eastern
Hamilton vs. Saskatchewan, 6 p.m.

DIVISION SEMIFINALS

Sunday, Nov. 10
Hamilton 19 Montreal 16 (OT)
Saskatchewan 29 B.C. 25

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	7	3	.700	2
Chicago	5	3	.625	3
Philadelphia	5	6	.455	4½
Atlanta	6	4	.600	3
Charlotte	5	5	.500	4
Orlando	4	6	.400	5
Detroit	3	5	.375	5
Toronto	4	7	.364	5½
Boston	4	7	.364	5½
Cleveland	4	7	.364	5½
New York	3	6	.333	5½
Brooklyn	3	6	.333	5½
Washington	2	7	.222	6½
Milwaukee	2	7	.222	6½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	8	2	.800	1
L.A. Clippers	7	3	.700	2
Golden State	7	3	.700	2
Oklahoma City	6	3	.667	2½
Houston	7	4	.636	2½
Minnesota	7	4	.636	2½
Dallas	6	4	.600	3
Phoenix	5	4	.556	3½
Memphis	5	5	.500	4
Denver	4	5	.444	4½
New Orleans	4	6	.400	5
L.A. Lakers	4	7	.364	5½
Sacramento	2	7	.222	6½
Utah	1	10	.091	8½

Sunday's results
Portland 118 Toronto 110
Memphis 97 Sacramento 86
Detroit at L.A. Lakers
Saturday's results
Dallas 108 Orlando 100
Cleveland 103 Washington 96
Miami 97 Charlotte 81
Atlanta 110 New York 90
New Orleans 135 Philadelphia 98
Minnesota 106 Boston 88
Houston 122 Denver 111
Chicago 110 Indiana 94
Oklahoma City 92 Milwaukee 79
L.A. Clippers 110 Brooklyn 103
Golden State 102 Utah 88
Monday's games — All Times Eastern
Portland at Brooklyn, 7:30 p.m.
Charlotte at Chicago, 8 p.m.
Denver at Oklahoma City, 8 p.m.
Philadelphia at Dallas, 8:30 p.m.
Golden State at Utah, 9 p.m.
Memphis at L.A. Clippers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
From this week things can only get better. No, really! Keep telling yourself that your luck is on the turn and in a matter of days you will be seeing concrete evidence that it is.

♉ Taurus
April 21 - May 21
The lesson you need to learn this week is that not even a Taurus can do it all on their own.

♊ Gemini
May 22 - June 21
The more you give the more you get in return. That applies to all aspects of your existence but especially to partnerships of a personal nature.

♋ Cancer
June 22 - July 23
What can you do to make a loved one's life more enjoyable? You are well aware they have made sacrifices for you, now you must consider what they need from you in return.

♌ Leo
July 24 - Aug. 23
It may be frustrating that so many little things are going wrong but don't let it get to you. Come the end of the week a new phase will begin and suddenly it will all start going right for you again – the little things and the big things.

♍ Virgo
Aug. 24 - Sept. 23
You know you cannot escape from the consequences of your actions so don't waste time trying.

♎ Libra
Sept. 24 - Oct. 23
In every enterprise there comes a time when you have to choose whether to carry on and give it your all or admit that it no longer inspires you and call it a day.

♏ Scorpio
Oct. 24 - Nov. 22
An issue you have been avoiding has now to be faced. You have just four days to get your act together and resolve the situation – after that the matter will be taken out of your hands.

♐ Sagittarius
Nov. 23 - Dec. 21
A few days from now the Sun will enter your sign and a new cycle will begin. Before then you must tie up loose ends, be they personal or professional, that might hold you back.

♑ Capricorn
Dec. 22 - Jan. 20
Make the most of the Sun's final few days in the friendship area of your chart to have fun with people whose outlook and interests match your own.

♒ Aquarius
Jan. 21 - Feb. 19
You have a tendency to say what is on your mind, even when it might be wise to stay quiet, and someone in authority won't be amused by your honesty today.

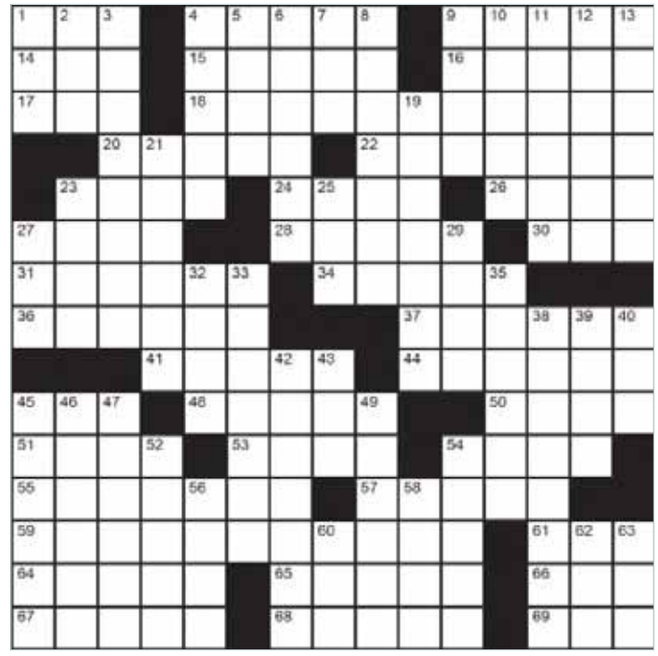
♓ Pisces
Feb. 20 - March 20
For some reason you have started to doubt a colleague's loyalty but what happens over the next few days will reassure you they are still on your side.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

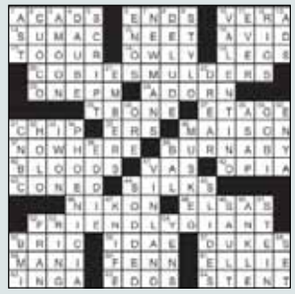
BY KELLY ANN BUCHANAN



Across
1. Cdn. place to buy stuff on TV
4. Actress Cheryl, and surnamesakes
9. Peru's past persons
14. Manfred Mann's "Do __ Diddy Diddy"
15. Towards-the-rear
16. Actor Peter O'Who?
17. Will Smith movie
18. Wilderness-subsisting show starring Canadian Les Stroud
20. __ Gritty Dirt Band
22. Some windows
23. Becomes soaken wet
24. Swag
26. Identical
27. Jimmy __ (Shoe designer)
28. Blackthorn fruits
30. Canada, HMCS ...The States, _ _ _
31. __ Nogait National Park, NWT
34. Good __ __
36. Trojan War advice-giver
37. Moviedom's Mr. Mulroney
41. Namesakes of Canadian musician Mr. Jurvanen, aka Bahamas
44. Fork over dough: 2 wds.
45. "You're it!" game
48. Tutu textile
50. Finales
51. Stare
53. Baseball great Willie
54. Coca-Cola guru Mr. Candler, and others (b.1851 - d.1929)
55. Blunders
57. Paris bridges
59. Terrain of trains and tracks: 2 wds.
61. Method
64. This planet
65. No, in slang
66. Farm female
67. Tees' predecessors
68. Patricia of movies, and others
69. Chem. ending

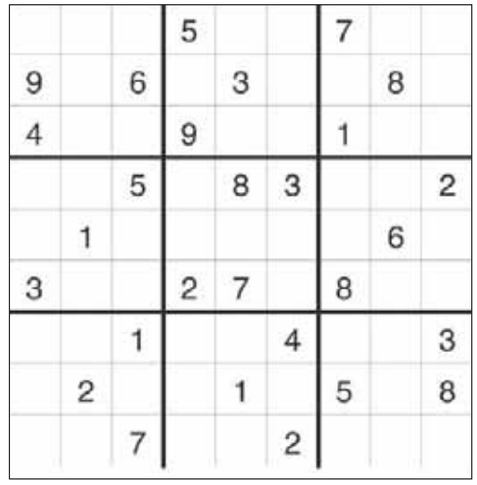
Down
1. Ex-airline
2. Mr. Mineo
3. Winds from The Rockies
4. Holds out
5. Adjoin
6. "Splash" (1984) star Ms. Hannah's
7. Old Rome's 605
8. Vehicles launched in 1959 by Canadian inventor Joseph-Armand Bombardier (b.1907 - d.1964)
9. "Ripley's Believe __ Not!": 2 wds.
10. Standards
11. Baie-__, Quebec
12. Startles
13. Has a gut instinct
19. What Tom Mulcair supporters do in elections: wd. + acr.
21. "_ __ Feeling" by The Black Eyed Peas
23. Elisabeth of "CSI: Crime Scene Investigation"
25. 'Motor' suffix
27. Type of package [abbr.]
29. Steve Winwood's "While You __ _ Chance"
32. Big sch. in Canada's largest city, _ __ _
33. "Lay It on the Line" Canadian band
35. Most sardonic
38. British Columbia range, __ Mountains
39. Lute-like instruments
40. "Private Dancer" singer's initials-sharers
42. Skin stuff
43. Tricky
45. Certain candy
46. Ancient shopping spots
47. Adhesive appliers
49. Spain, in Spanish
52. A-List
54. Tennis great Mr. Roddick's
56. "Icky-poo!" equivalents
58. Kind of agreement
60. Saskatoon's airport code
62. Have
63. Tiny

Friday's Crossword

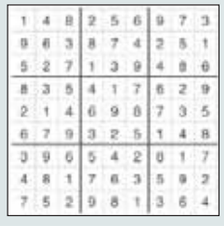


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -6° MIN: -8°	MAX: -15° MIN: -15°	MAX: -8° MIN: -18°

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